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# Halifax metro

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**Your essential daily news** **THURSDAY, JULY 2, 2015** **High 24°C/Low 13°C Drizzle, then sun**



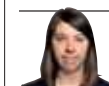
## RED ALL OVER

How did you show your Canada Day pride on Wednesday? Well, this man dressed in red from head to toe during the Royal Nova Scotia International Tattoo parade downtown. For more on Canada Day in Halifax, see [metroNEWS](#). ZANE WOODFORD/METRO

## MP: Ammo depot risky

**SAFETY**

### Potential firefighter cuts concerning for Geoff Regan



**Haley Ryan**  
 Metro | Halifax

A Halifax politician is raising concerns over possible cuts to firefighting staff who keep an eye on Bedford's ammunition depot.

Halifax West MP Geoff Regan issued a release this week to say he's heard the Department of National Defence is completing a risk case analysis to see whether the Canadian Forces Ammunition Depot should have firefighters around the clock, only during the day, or not at all.

The Magazine Hill site is a short drive away from homes and businesses in the area, and Regan said any reduction in staff

levels would be a mistake.

"This ... is located in a densely populated urban setting and I am concerned first and foremost with the safety of the residents of HRM who live in close proximity to the facility," Regan said.

The depot is now staffed by firefighters 24 hours a day, 365 days a year.

Regan said he has already written to Defence Minister Jason Kenney expressing his concerns about the risk any change in staff could have. He's also asked Prime Minister Stephen Harper to "maintain the status quo" since that will provide the best protection for communities like Bedford, Regan said.



**MP Geoff Regan** METRO FILE



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# World's business leaders clueless about Nova Scotia

## INTERNATIONAL TRADE

### Many need to be told where province is, report shows

A report commissioned by the Nova Scotia government says awareness of the province among some global business people is "virtually non-existent."

It says many business people found that their interactions with global business partners almost always necessitated an explanation of where Nova Scotia is and why they were doing business in the province.

The report was commissioned by Communications Nova Scotia for Nova Scotia Business Inc. and obtained by The Canadian Press through access to information legislation.

It says the province often does not pass an initial "on paper" evaluation, especially for site selectors, that includes factors like market size, infrastructure and taxes.

But the report also says business people believe Nova Scotia has great potential, with an almost unwavering belief in the success of the businesses that have found their way to the province.

Laurel Broten, president and CEO of the arms-length Crown corporation Nova Scotia Business Inc., said the report's findings



Workers in downtown Halifax are shown in this file photo. A recent report finds that although some businesspeople believe Nova Scotia has potential, a number cannot locate the province geographically. METRO FILE PHOTO

were not surprising.

"Is it tough to understand and accept some of the findings where it shows how much work we have ahead of us to put Nova Scotia on a global map? Of course it is," Broten said in a recent interview. "But it motivates us to drive the successes that we have."

Broten said Nova Scotia has many exportable products that are marketed on a global scale, such as seafood, but international businesses don't always know that the product came from Nova Scotia.

The business development agency is trying to boost awareness of the province by talking

to those businesses and site selectors directly, she said.

While Nova Scotia doesn't pass the paper evaluation used by site selectors, Broten said, her team tries to highlight the region's other advantages, such as Halifax's international shipping port, the high quality of life and collaboration among

19

The report done for Nova Scotia Business Inc. in April 2014 is based on 19 interviews conducted by K2 Discovery Inc. with people in businesses across Canada, the United States and Europe, including Canadian and U.S. site selectors.

key business leaders in the small province.

"We have to work hard to make sure we get on the radar screen of decision makers," said Broten.

"When we get a chance to talk to them about everything that we have and some of the facts and figures about what businesses have set up in Nova Scotia ... it's the type of effort that has secured investments in the past."

She pointed to the Royal Bank of Canada's decision earlier this year to open a financial services centre in Halifax, which will create up to 500 new jobs over 10 years. Nova Scotia Business Inc. is giving RBC up to \$22 million in payroll rebates to open the centre.

Broten said the report, which cost \$36,800, helped form the agency's business plan for 2015, which includes a focus on exports. THE CANADIAN PRESS

## SIGNAGE

### 'Halifax' branding continues

Although a not-so-popular "Halifax" sign on a Dartmouth landmark has been removed, it doesn't mean it will stay away for long, according to the city.

A city spokeswoman confirmed that staff removed a portion of a community sign near Sullivan's Pond in Dartmouth after it was defaced.

Initially, the municipality had changed the sign to bear the new "Halifax" branding, inciting anger amongst those in the community, who began a petition demanding Dartmouth's name be retained on signage in the area. Meanwhile, the sign itself was altered to read "Dartmouth" in the font of the municipality's new logo. Spokeswoman Jennifer Stairs said staff will eventually replace that community sign later this year or early next year as part of a municipal-wide project to upgrade all park standards and signage.

"We don't actually know what the sign will look like yet, but like all of our municipal infrastructure, it will have the municipal logo on there in some capacity," she said Tuesday. "The municipal logo will be on, just like it would be on any municipal park sign."

When asked for comment on community members' concerns, Stairs said she understands people's desire to show off their neighbourhood pride, but that thousands weighed in on development of the new logo during the public consultation phase.

"What we have now is a more consistent look and feel for all of our signage," she said.

STEPHANIE TAYLOR/METRO

## REPAIRS

### Eight schools to get new roofs this summer

Eight schools in Halifax are expected to have new roofs by time school starts in September, avoiding future leaks from springing up in the winters to come.

Tenders were recently issued by the Halifax Regional School Board to hire companies to complete roof replacements on a number of schools in the district.

"We had a rough winter," school board spokesman Doug Halley said, explaining that roof repairs were prioritized in this year's capital budget.

### + SCHOOLS GETTING NEW ROOFS

Beaver Bank-Kinsac Elementary  
Brookhouse Elementary  
Bicentennial School  
Gorsebrook Junior High

J.L. Isley High School  
Beechville-Lakeside-Timberlea Senior Elementary  
St. Catherine's Elementary  
Astral Drive Junior High

Funding for roof replacements was approved in the spring. That's when the province's department of education earmarked 43 schools across Nova Scotia to be repaired at a cost of up to \$15 million.

Schools chosen for either partial or total roof replacements were those deemed most in need of repair, Hadley said Tuesday.

Of the eight schools to receive roof replacements, including J.L. Isley High School and Astral

Drive Junior High, many had to be closed for several days this past winter due to leaks. Since the proposal process is underway, Hadley would only generalize the costs of the projects to range from \$150,000 to \$1 million, so as not to influence any potential bidders.

"Our priority is to get as much (work) done while school's out, but that's probably not realistic," he said Tuesday, explaining if work is required to continue into fall, it would happen outside of school hours.

STEPHANIE TAYLOR/METRO

## IN BRIEF

### Earthquake shakes communities on Canada Day

Canada Day got a little shaky in southwestern Nova Scotia this year after a small earthquake occurred off Digby.

According to Natural Resources Canada, there was a magnitude 3.6 quake off Digby Neck at 3:32 p.m. on Wednesday.

The earthquake was felt throughout southwest Nova Scotia, including in the Yarmouth area.

Allison Bent, a seismologist with Earthquake Canada/Natural Resources Canada, said

the epicentre was 60 kilometres southwest of Digby, which would put it slightly off shore.

"It's big enough that it would be felt not at really large distances, but probably over a bit of an area, not just one location, but there shouldn't have been any damage or anything like that."

A magnitude 2.9 earthquake was felt around Digby on June 20. That one happened around 38 kilometres southeast of Digby at 11:40 a.m. It hit a remote section of Kejimikujik National Park. METRO



# Proud to be new Canadians

Nearly 40 people of all ages and backgrounds came together sporting red and white on Canada Day in Pier 21 to make the ultimate declaration of patriotism. Wednesday, 38 people from 15 countries swore the oath of citizenship and became Canadian citizens. Judge Ann Janega swore the group in as friends and family cheered on. "I am glad that you have chosen Canada and proud that Canada has chosen you," Janega said. "We welcome you. This is your country now." **Haley Ryan METRO**



Dilip Bhaskar and Neha, 5

## 'I am going to be a Canadian'

Neha Bhaskar may be only five years old, but she knew Wednesday was a special day.

Her father, Dilip Bhaskar, said his wife and their daughter Neha are originally from India and moved to Halifax in 2013 after living in Vancouver for two years.

Getting citizenship for himself and Neha had been a "long journey," Bhaskar said, but July 1 was a great day to take the oath and even Neha knew what was happening.

"Yesterday I asked her, 'What are you going to do tomorrow?' She said, 'I am going to be a Canadian,'" Bhaskar said with a smile.

Bhaskar, a computer programmer with the provincial government, said Canada is one of world's best countries, and really likes the multiculturalism and friendly people he's met.



Thirty-eight people became Canadian citizens on Canada Day in Pier 21. THE CANADIAN PRESS



Marisol Aggabao

## A family affair

After years working abroad from her family, Marisol Aggabao is able to work alongside her husband in Truro and see their children grow up.

Wednesday's ceremony saw four of the five Aggabao household get their Can-

adian citizenship — the baby Athena, 14 months, has citizenship since she was born here.

"It was really an awesome feeling because it's Canada Day."

"It's really special," said Marisol, a nurse, as Athena squirmed in her arms and giggled.

## Citizenship 'last piece of the puzzle'

For Robert Shand, the road to becoming a Canadian began eight years ago when he checked into a Prince Edward Island hotel. Shand, 34, said he met his wife Maggie on "day one" after coming over from England for a job, when she was a receptionist at his hotel. They are still living in P.E.I. and now have two kids, Shand said, while he will soon start a new position with the National Research Council.

"It's the last piece of the puzzle. It's home already," Shand said about getting his full dual citizenship.



The Shand family



Jehier Afifi, left, and Yasser El Azrak, far right, and their two children, Lama and Mostafa.

## An Egyptian connection

Yasser El Azrak beamed as he joined the rest of his family as Canadian citizens on Wednesday.

"We like Halifax. It's a wonderful place to live and we are really enjoying the people, the people are very nice, very friendly," El Azrak said alongside his wife Jehier Afifi. Afifi said she and their two children got their citizenship last year, and were happy to see El Azrak take the oath. She said Canada's nature is one of the things she loves about the country, as well as the emphasis on multiculturalism.



Tulila Katmh, middle

## Circle of friends

After years working abroad Tulila Katmh laughed and posed for photos with her friends in front of a large Canadian flag as family and friends streamed out of the hall. Katmh, 19 and originally from Syria, said she's been waiting nine years for her citizenship and stood up with her family to take the oath on July 1.

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— TripAdvisor review, Sound Beach, New York



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The Heeresmusikkorps Ulm band from Germany marches in the 2015 Royal Nova Scotia International Tattoo parade in downtown Halifax Wednesday as part of Canada Day festivities. ZANE WOODFORD/METRO

# Red-and-white pride on display

## CANADA DAY

### Haligonians celebrate country's 148th birthday



**Zane Woodford**  
Metro|Halifax

Patriotic Canucks from all over Halifax Regional Municipality put on their best red-and-white clothes and hit the town Wednesday to wave the flag and celebrate Canada's 148th birthday.

On the Halifax Common, for instance, hundreds came out for Family Fun Fest, put on by Maple Lodge Farms.

There was a dog show, magic show, face painting, henna tattooing, free cake, and the ever-popular bouncy castles and slides, all with

long lineups.

With the sun beating down on the central city park, anything cold and refreshing was in high demand.

Shaun Carvery took advantage of that, selling Freezies for \$1 each to raise money for his daughter's cheer squad, Halifax Elite.

"I came under-prepared last year. I didn't bring enough, so this year, I doubled my forces," he said.

Carvery sold 200 Freezies in less than three hours.

Jon Gallant came out to the event with his wife and son. The young family lives in Newfoundland and came to Halifax to enjoy a more upbeat Canada Day.

"Where we live, in Newfoundland, it's pretty rural, so nothing like this," he said, adding that in Newfoundland July 1 is Memorial Day, when Newfoundlanders commemorate their war dead.

"It is more sombre there;



A young girl watches the tattoo parade from her father's shoulders on Wednesday. ZANE WOODFORD/METRO

you don't have the festivities."

Krista Paquette has lived in Halifax since the late 1980s, but never made it to events

downtown in years past.

She brought her daughter to the Fun Fest and was happy to see such a big crowd on the Commons.



**I'd like to know who's running the province if we're all here.**

Krista Paquette on the large turnout for Family Fun Fest at the Halifax Common



**The biggest thing about being a Canadian is that we have the freedom to come out and do what we want, when we want.**

Keith Kenny on the importance of Canada Day

"I think it's great that people get their families out and enjoy the day," she said.

Keith Kenny and his wife Melissa took their two daughters to the event.

He wasn't surprised to see the big crowds, given the weather Wednesday and the kinds of activities there, but he was happy to see so many families celebrating Canada.

"I think we're very lucky and it's very important to let our kids know that we celebrate that as a group," he said.

The day started with the annual Royal Nova Scotia International Tattoo parade downtown/ Hundreds of people, young and old alike, lined the streets as performers from the tattoo marched alongside Halifax firefighters, RCMP, and local businesses and charities.

The RCMP officers marching through the streets got the loudest applause as they passed, with some in the crowd thanking them for their service.



# Sex assault inquiry for British sailors

COURT

## One of four accused opts for trial by judge and jury

A preliminary inquiry for four British sailors charged with sexually assaulting a woman in Halifax has been scheduled for five days next April in provincial court. Simon Radford, Joshua Finbow, Craig Stoner and Darren Smalley were in Nova Scotia to play in a hockey tournament with local Armed Forces personnel when they were arrested in April.

The Crown alleges the members of the Royal Navy participated in a "group sexual assault" on April 10 inside a barracks at CFB Shearwater, a military base in Halifax. The men have not entered pleas in the case. None of the allegations has been proven in court. Court heard Tuesday that Smalley has elected to be tried by a judge and jury in Nova Scotia Supreme Court.

Under the Criminal Code, when two or more people are



One of four members of the British navy, in Nova Scotia for a hockey tournament with local military personnel, arrives at court in Dartmouth on April 20. ANDREW VAUGHAN/THE CANADIAN PRESS

charged with the same offence, if one elects a trial by judge and jury then the rest must follow suit, Crown attorney Scott Morrison said outside court.

The four men are out on bail after being transferred from a Halifax military base to one in Alberta. Smalley was the only one of the four men to appear in court Tuesday. Outside court, Crown attorney Scott Morrison

said three of the men, Radford, Finbow and Stoner, have applied for changes to their bail conditions to allow them to return to the United Kingdom. Morrison said the Crown will oppose the application at a court hearing on Aug. 11.

Defence lawyer Mark Knox, who represents Finbow, said the men should be allowed to leave the country. THE CANADIAN PRESS

### IN BRIEF

#### Police: Lock your vehicles after string of thefts

Halifax police are warning residents to be extra-vigilant about locking their vehicle doors after a rash of thefts has occurred from unlocked vehicles in Dartmouth.

According to a release issued Tuesday, police say they have received 13 reports of items stolen from vehicles in areas around Micmac Boulevard, Mount Pleasant Avenue and Crichton Avenue in the past month.

Some of the vehicles were unlocked, while others had their windows smashed in. Police say if people are to leave property inside their vehicles they should keep them out of sight and lock their doors. METRO

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# Female deckhand at sea, after human rights win

MILLBROOK FIRST NATION

## Native woman gets right to fishing licence

A Nova Scotia woman who won a human rights complaint against her home community for denying her a fishing licence because of her gender is heading out to sea after all.

Stacey Marshall Tabor says the Millbrook First Nation informed her that she would be sailing as a deckhand on a snow crab boat this week.

The assignment came after years of infighting that culminated in a discrimination finding by the Canadian Human Rights Tribunal.

In April, the Tribunal ruled that Tabor had repeatedly been passed over for fishing boat positions in favour of male candidates, some of whom were less qualified

than she was.

The tribunal also said Tabor was subjected to derogatory remarks, citing an instance when a senior band member said "the only place for women's breasts on a boat was on the bow as a figure-head."

Millbrook band administrator Alex Cope says there was no special reason for Tabor's assignment, adding she applied for the job and was accepted.

For Tabor, however, the decision feels more significant.

"I did it. I got where I want to be," she said in a telephone interview.

The April 29 tribunal ruling lays out a long and fraught history between Tabor and the Millbrook First Nation dating back to the late 1990s.

The ruling said Tabor, who had long cherished a dream of becoming a fishing boat captain and who had com-



Fishing boats are shown in this file photo near Peggy's Cove.

THE CANADIAN PRESS

pleted a Master Limited captain's training course, began working for the Millbrook

First Nation in 2000 by serving as a deckhand on a lobster boat.

“My dream is to be on the boat, and regardless of all the obstacles and years, I’m there.”

Stacey Marshall Tabor

According to testimony accepted by the tribunal, Tabor then expressed an interest in taking on more demanding fishing jobs, but was told she lacked qualifications.

Months later, the decision said, that same work was offered to Tabor's husband, despite the fact that his only fishery experience was "preparing gear and painting buoys."

Tabor said she's content to be going out as a deckhand rather than a captain, adding she needs to recertify some of her qualifications.

THE CANADIAN PRESS

## IN BRIEF

### Dingle Beach closed to swimmers, due to bacteria levels

If you were thinking of taking a dip at Dingle Beach for Canada Day, you were out of luck.

The city announced that the beach was remaining closed to swimmers until further notice due to higher than average bacteria levels in the water.

Municipal staff conduct routine water quality monitoring on all HRM-owned beaches throughout the summer, and recent test results revealed the waters at Dingle Beach had bacteria levels that exceeded Health Canada's guidelines, according to a release issued Tuesday. It goes on to say that high bacteria levels can be caused a number of factors, including wildlife, weather conditions and water flow.

The city says staff will continue regular water testing and will notify residents when it's safe to go back in the water.

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## SASKATCHEWAN FIRES

## Smoke from blazes stifling the flames

The number of people forced from their homes by Saskatchewan wildfire smoke continues to climb, but a provincial official says the smoke is now so thick that it's actually helping control the fires.

Steve Roberts with Saskatchewan's environment ministry says the layer of smoke that covers the northern part of the province has blocked out direct sunlight.

Roberts says that's lowered temperatures and boosted hu-

midity, which means the fires are less volatile.

Officials say they don't have an estimate of the total number of evacuees but say they're currently housing over 4,000 people in hotels and other evacuation centres in North Battleford, Prince Albert, Saskatoon and Regina.

There were 110 active fires in Saskatchewan on Wednesday. Only about 10 were contained.

The smoke hampered the operations of firefighting aircraft on Tuesday. Roberts says air tankers are on standby if smoke clears and visibility is safe.

"As much as it's not good for people, because the cloud layer is filled with smoke and is so thick, our temperatures are roughly 10 degrees cooler and our humidity is 10 to 15 per cent higher. That combination means the fire activity drops significantly," Roberts explained. THE CANADIAN PRESS

66

**It's helped us secure, especially, those fires that are close to communities.**

Steve Roberts

## BOMB SCARES

## Four empty threats on jets in one week

For the fourth time in less than a week, a Canadian passenger jet has had to make an emergency landing because of a threat made against it.

Saskatoon Police say there was no bomb on the latest jet that was the target of a threat.

An explosives team has completed its search of the jet and determined that there was no explosive device on board.

The plane was travelling from Toronto to Saskatoon on Tuesday evening and landed safely.

The 113 passengers and five crew members were forced to disembark on the tarmac.

Police say the jet is now back in the care of WestJet.

It's the fourth time in a week that a Canadian passenger jet has had to make an emergency landing because of a threat.

Police say the investigation is continuing. There have been no arrests.

In all of the cases, searches of the aircraft unearthed nothing suspicious. THE CANADIAN PRESS



**LITTLE HERD ON THE PRAIRIES BISON BOUNCING BACK** A herd of Prairie bison graze on the Old Man on His Back Prairie and Heritage Conservation Area south of Swift Current, Sask., on June 18. The bison, once hunted to near extinction, were reintroduced to the area in 2003. BILL GRAVELAND/THE CANADIAN PRESS

# Rideau Hall names Order honourees

## ORDER OF CANADA

## Many familiar Canadians among year's appointments

The man who helped create the BlackBerry, the female CEOs of two public broadcasters and a noted First Nations actor are among the Canadians being appointed to the Order of Canada.

Rideau Hall's Canada Day announcement allows those on the list to share the news, which is

usually kept secret until Gov. Gen. David Johnston makes the information public.

This year's notable names include Douglas Fregin, the man who co-founded Research in Motion with Mike Lazaridis. Fregin designed the first circuit board the company used to run early versions of its wireless technology and then helped choose the materials that are still found in BlackBerry devices today.

Lazaridis's wife Ophelia is also being invested as a member of the Order of Canada for her philanthropic work around Waterloo, Ont., where BlackBerry is based.

6,000

**The number of people from all walks of life who have been invested into the Order of Canada over the past 45 years.**

THE CANADIAN PRESS

Author Lawrence Hill will be recognized for his telling of the stories of Canada's black community, notably with the critically acclaimed *Book of Negroes*, and advocacy work on behalf of

women and girls in Africa.

Oscar-nominated and Gemini award-winning actor Graham Greene is a familiar face in film, television and theatre. The First Nations actor is being honoured for "achievements as a pioneering and versatile actor," which include a 1991 Academy Award best-supporting-actor nomination for the film *Dances with Wolves*.

Also being honoured are TVOntario CEO Lisa de Wilde and Télé-Québec counterpart Michele Fortin.

Rideau Hall says there will be 100 new appointments to the Order. THE CANADIAN PRESS

## PHILANTHROPY

## Saudi prince to donate \$32B

Saudi Arabia's billionaire Prince Alwaleed bin Talal, one of the world's richest people, announced Wednesday that he will donate all of his wealth — \$32 billion — to charity over the coming years.

The money will go to the Saudi prince's organization called Alwaleed Philanthropies to work in the fields of "intercultural understanding" and supporting communities in need, he said in a statement.

Programs will include promoting health, eradicating disease, bringing electricity to remote villages, building orphanages and schools, as well as "empowering women."

The prince, chairman of investment firm Kingdom Holding Company, joins other billionaires who have made



**Prince Alwaleed bin Talal and his wife, Princess Amira, shown in 2007.** FRANCOIS MORI/THE ASSOCIATED PRESS FILE

similar pledges in recent years, such as Warren Buffett, Bill Gates, Mark Zuckerberg and Michael Bloomberg.

"Philanthropy is a personal responsibility, which I embarked upon more than three decades ago and is an intrinsic

part of my Islamic faith," he said in the statement.

The prince, who does not hold an official government position, built his wealth through seed money from his father and smart investments.

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## Federal R&D investments not paying off

### ECONOMY

#### Memo says Canada behind U.S. on business innovation

Spending billions of public dollars over two decades has done little to reverse Canada's long decline in the key economic category of business innovation, the

federal government acknowledges in a newly released document.

The self-assessment, contained in a memorandum to Finance Minister Joe Oliver, underlines how sluggish business innovation remains "of great concern" for Canadian productivity.

"Canada's productivity performance, a key determinant of economic growth, continues to lag significantly behind that of the United States, eroding our relative standard of living," says

the October memo, signed by deputy finance minister Paul Rochon.

"The innovation performance of Canadian firms has continued to fall relative to the previous two decades, despite considerable federal efforts in recent years."

That push included more than \$11 billion spent by the Harper government between 2006 and 2014 on new resources to support research and innovation,



**Canada's been a 'D' performer basically since we started doing this.**

Daniel Munro, Conference Board of Canada

the document says.

On top of that, the note said the government also pumped

\$10.9 billion into science, technology and innovation activities and provided another \$3.3 billion in tax relief. In 2014, the memo said \$1.6 billion was dedicated over five years.

The memo to Oliver also warned how tougher competition in the knowledge-based global economy could leave Canada behind.

The note, titled Canadian Business Innovation Landscape, was obtained by The Canadian Press

under the Access to Information Act.

The document said Canadian businesses perform well at the international level when it comes to primary research, but they trail their global counterparts in R&D.

In general, the document said Canadian companies rely more on "imitation than on innovation" and are less likely to collaborate in R&D than firms in other G7 countries. THE CANADIAN PRESS

### NORTH DAKOTA

#### Calendar highlights eclectic holidays

To most Americans, July 4 is Independence Day. But on Marlo Anderson's calendar, it's also Caesar Salad Day and Barbecued Spareribs Day.

Anderson is the mastermind of the National Day Calendar, an online compendium of pseudo-holidays that has become a resource for TV and radio stations looking to add a little levity to their broadcasts, among others.

The 52-year-old co-owner of a VHS digitizing company in North Dakota started the calendar in 2013 and soon realized the site could also be a way for people to declare their own special days. So last year, he started charging \$1,500 to \$4,000 for "national day" proclamations.

"People certainly don't need to use us. It's just we really give it a jumpstart," he said.

Marketing experts give Anderson credit for seizing on the desire by companies and groups for another way to promote themselves, though they question the effectiveness of some of the resulting campaigns. It's not the only reason for celebration, but food seems to be a common subject for special days.

Already, the National Day Calendar says it has given its blessing to more than 30 made-up holidays. A crouton maker paid for National Crouton Day (May 13), a seafood restaurant submitted National Fried Clam Day (July 3) and a craft beer maker came up with National Refreshment



Zoovio co-owner Marlo Anderson eats homemade fudge to commemorate National Fudge Day.

WILL KINCAID/THE ASSOCIATED PRESS

Day (fourth Thursday in July).

Anderson's venture, which he says brings in roughly \$50,000 a year, underscores the free-for-all nature of such days.

At the National Day Calendar, one-time proclamations for birthdays, anniversaries and other occasions are on sale for \$19.99 or \$39.99. The price for ongoing inclusion in the calendar is higher.

For \$1,500, Anderson provides a framed proclamation. For \$2,500, he helps arrange interviews with the media. And for \$4,000 and travel expenses, he'll show up to present proclamations at events.

This fall, he's travelling to New York for National Dumpling Day (Sept. 26); the day was submitted by TMI Corp., a distributor of Asian foods. THE ASSOCIATED PRESS

## CUPE'S PENSION PROPOSAL: BETTER FOR RATEPAYERS; BETTER FOR RETIREES

On June 25, after a six-week lockout by Halifax Water, CUPE Locals 227 and 1431 made a very balanced proposal that would benefit both ratepayers and future retirees.

### Our proposal:

- saves ratepayers \$1.8 million more than the employer's proposal
- requires plan members to contribute a little more on a temporary basis while the plan is in deficit
- uses a temporary freeze on the cap on the maximum pensionable earnings at \$141,000 to lower plan costs
- protects 98% of the current plan benefits at retirement

Union retirees at Halifax Water now receive a modest \$22,000 on average when they retire. Senior management retirees are in line to receive more than \$84,000. Yet Halifax Water is demanding a more expensive plan with further concessions that favour managers over workers.

**Please call (902) 490-4010**

and tell Mayor Mike Savage and Councillors Russell Walker, David Hendsbee, and Barry Dalrymple that it's time to get involved. Tell them to treat their workers fairly and support CUPE's proposal which is fair for ALL workers at Halifax Water and is more cost effective for Halifax Water ratepayers.



## HANDS OFF OUR PENSIONS!

A message from CUPE Locals 227 and 1431 **CUPE**



### IN BRIEF

#### Manhattan apartments hit new high, average \$1.8M

The average sales price of a Manhattan apartment has eclipsed \$1.8 million — a new high. The appraisal firm Miller Samuel says in a report for Douglas Elliman Real Estate that its figure — \$1.87 million — compares to \$1.77 million reached in the first quarter of last year.

THE ASSOCIATED PRESS

### market minute



**DOLLAR**  
TSX closed Canada Day



**TSX**  
TSX closed Canada Day



**OIL**  
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**GOLD**  
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<b>2009 KIA RIO</b>  EX 5-Spd SEDAN w/ BLUETOOTH 89,634 km, Call 902-484-2336 <b>HILLCREST VOLKSWAGEN \$7,990</b>	<b>2010 KIA FORTE</b>  Alloys, Keyless Entry, Cruise, Sat Radio Ready, 165,927 km, Call 902-484-2799 <b>HILLCREST VOLKSWAGEN \$9,990</b>	<b>2009 HYUNDAI ACCENT</b>  Man Shift, GAS SAVER!! 18,318 km, Call 902-484-2336 <b>CHEVROLET BUICK GMC CADILLAC \$6,990</b>	<b>2009 HONDA FIT</b>  Man Shift 5-Dr Hatch, Keyless Entry, A/C, 108,216 km, Call 902-484-2341 <b>GREEN LIGHT HALIFAX \$8,490</b>	<b>2010 HYUNDAI ACCENT</b>  3-Dr Hatch, Man Shift, GAS SAVER 129,390 km, Call 902-484-2341 <b>GREEN LIGHT HALIFAX \$7,990</b>	<b>2009 HYUNDAI ELANTRA</b>  Touring Edtn 6-Dr Hatch, Pwr W/L/M, A/C, 123,086 km, Call 902-484-2341 <b>GREEN LIGHT HALIFAX \$9,990</b>
<b>2009 TOYOTA MATRIX</b>  XR 5-Spd 5-Dr HATCH 127,748 km, Call 902-484-2336 <b>LEXUS TOYOTA HALIFAX \$9,990</b>	<b>2008 HONDA CIVIC</b>  2-Dr Auto Coupe, Cruise, Keyless Entry 83,471 km, Call 902-484-2336 <b>LEXUS TOYOTA HALIFAX \$9,990</b>	<b>2010 NISSAN SENTRA</b>  Auto, Pwr W/L/M, A/C, 4-Dr Sedan 99,092 km, Call 902-484-2336 <b>CHEVROLET BUICK GMC CADILLAC \$9,990</b>	<b>2010 CHEVROLET COBALT</b>  LT Edtn, Auto, A/C, 4-Dr Sedan 63,883 km, Call 902-484-2336 <b>CHEVROLET BUICK GMC CADILLAC \$7,990</b>	<b>2011 CHEVROLET AVEO</b>  5-Dr Hatch, Auto, Fog Lights, On-Star 49,216 km, Call 902-484-2336 <b>CHEVROLET BUICK GMC CADILLAC \$7,990</b>	<b>2009 TOYOTA YARIS</b>  4-Dr Sedan, Auto, A/C, Sat Radio Ready 94,704 km, Call 902-484-2331 <b>GREEN LIGHT DARTMOUTH \$9,990</b>
<b>2009 CHEVROLET AVEO</b>  1.6 Ecotec 4-Dr Sedan, CD w/MP3 Player, 131,060 km, Call 902-484-2331 <b>GREEN LIGHT DARTMOUTH \$7,990</b>	<b>2010 FORD FOCUS</b>  Auto, 4-Dr Sedan 83,304 km, Call 902-484-2331 <b>GREEN LIGHT DARTMOUTH \$9,990</b>	<b>2011 TOYOTA COROLLA</b>  CE 5-Spd w/ A/C, PWR LOCKS & WINDOWS 122,140 km, Call 902-484-2336 <b>TOYOTA DARTMOUTH &amp; SCKN \$9,990</b>	<b>2012 FIAT 500</b>  POP 3-Dr HATCH w/ CRUISE, Pwr L/W 82,311 km, Call 902-484-2336 <b>TOYOTA DARTMOUTH &amp; SCKN \$9,990</b>	<b>2009 TOYOTA COROLLA</b>  LE SEDAN w/ PUSH-BUTTON START 141,960 km, Call 902-484-2336 <b>TOYOTA DARTMOUTH &amp; SCKN \$9,990</b>	<b>2010 KIA FORTE</b>  Auto 4-Dr Sedan, LX Edtn w/ ACTIVE ECO, 82,004 km, Call 902-484-2334 <b>KIA DARTMOUTH \$9,990</b>
<b>2010 CHEVROLET COBALT</b>  4-Dr LT Edtn SEDAN w/ ECOTEC 97,516 km, Call 902-484-2334 <b>KIA DARTMOUTH \$8,990</b>	<b>2010 HYUNDAI SONATA</b>  GL Sedan W/ Heated Seats, Cruise 109,616 km, Call 902-484-2336 <b>TOYOTA DARTMOUTH &amp; SCKN \$8,990</b>	<b>2010 PONTIAC G5</b>  4-Dr Sedan w/ Ecotec 73,174 km, Call 902-484-2333 <b>HYUNDAI DARTMOUTH \$8,990</b>	<b>2013 HYUNDAI ACCENT</b>  6-Spd 5-Dr HATCH 53,317 km, Call 902-484-2333 <b>HYUNDAI DARTMOUTH \$9,790</b>	<b>2011 CHEVROLET AVEO</b>  5-Dr Hatch, Auto, LS Edtn 31,288 km, Call 902-484-2333 <b>HYUNDAI DARTMOUTH \$9,590</b>	<b>2010 HYUNDAI ELANTRA</b>  TOURING 5-Spd 5-Dr WAGON 89,977 km, Call 902-484-2339 <b>LEXUS TOYOTA HALIFAX \$8,990</b>

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KIA  
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LS 6-SPD SEDAN w/ ON-STAR & ECOTEC  
53,157 km, Call 902-484-2334

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### 2015 NISSAN MICRA



1.6Sv Pure Drive Hatch W/ Bluetooth  
37,362 km, Call 902-484-2332

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### 2014 NISSAN VERSA



NOTE, PURE DRIVE Edtn 5-Dr HATCH,  
CRUISE, 40,211 km, Call 902-484-2332

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UP CAM, 97,009 km, Call 902-484-2349

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HILLCREST  
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TOYOTA DARTMOUTH  
& SCION

### 2012 TOYOTA COROLLA



CE 5-SPD SEDAN w/ BLUETOOTH  
83,090 km, Call 902-484-2330

TOYOTA DARTMOUTH  
& SCION

### 2012 NISSAN VERSA



1.8S 5-Dr HATCH w/ HEATED MIRRORS,  
AUX, 62,942 km, Call 902-484-2330

TOYOTA DARTMOUTH  
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### 2013 DODGE DART



SXT Edtn 4-Dr Auto Sedan  
67,043 km, Call 902-484-2331

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### 2011 CHEVROLET CRUZE



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54,231 km, Call 902-484-2339

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### 2013 TOYOTA COROLLA



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### 2014 CHEVROLET SPARK



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17,481 km, Call 902-484-2341

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### 2012 HYUNDAI ELANTRA



4-Dr Auto Sedan, Pwr W/L/M  
119,185 km, Call 902-484-2339

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### 2010 HONDA CIVIC



SPORT Edtn 4-Dr Sedan  
158,314 km, Call 902-484-2339

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5-Dr HATCH, Man Shift  
114,464 km, Call 902-484-2339

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### 2015 NISSAN MICRA



SV PURE DRIVE 5-Dr HATCH  
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# metro VIEWS

Your essential daily news

Thursday, July 2, 2015



## THE BIG THING: RED, WHITE AND ... BLUE?

The federal government has kept quiet about the \$7 million it gave to local Canada Day celebrations this year, but based on what we do know, it appears these red-and-white festivities took place disproportionately in ridings of Tory blue. But 'tis the season to study Canadian history — which shows this type of alleged pork-barrel (Canadian bacon-barrel?) politics is nothing new.

SOURCE: THE CANADIAN PRESS

**3 The more things change** The feds have long been accused of disproportionate spending in government-held ridings, especially those represented by cabinet ministers. A famous example in the 1990s involved the RCMP after an audit revealed federal employment grants were overwhelmingly given in Liberal ridings, including that of then-Prime Minister Jean Chrétien.



**1 Mystery money** Canadian Heritage funded 1,658 patriotic events between June 21 and July 1. Most projects were small, but only 130 (eight per cent) have been disclosed publicly. Of the 30 ridings where municipalities are known to have received the federal funding, 27 are likely to go or stay Conservative in this fall's election.

**2 Blue gets more green** A Globe and Mail investigation this week revealed that ridings that elected Conservative MPs in 2011 received an average of 48 per cent more from the \$150-million Community Infrastructure Improvement Fund than opposition-held ridings.

## ROSEMARY WESTWOOD

metroview

## Journalists can learn a trick or two from comedy

You've gotta love Marc Maron. Or, if you're a journalist, fear him a little bit.

The man interviews U.S. President Barack Obama for an hour, in his garage, for his podcast (called WTF with Marc Maron), and it's maybe the most compelling interview with the president ever recorded.

It's been hailed as a turning point in the legitimacy of podcasting, and made headlines because the president said the N-word, but it's much more than that. It's evidence that comedians make excellent interviewers and political pundits — and they may just be doing journalists' jobs better than we are.

Maron and Obama had a real, honest-to-goodness chat in the style that has made Maron famous. Maron is so extremely transparent and insecure ("How was it? How did I do? What did he think?" he obsesses in a post-mortem podcast) that his subjects have to respond with candour of their own.

Maron brought politics down to the human level, giving us something we've been craving: to see politicians as real people and some evidence they're telling the truth.

"I was so focused, intently focused on having a one-on-one experience with him," Maron reflected.

"All I wanted to do is con-

nect with the guy."

The same could be said for many voters. But how many journalists get past the oily veneer of talking points?

On TV, the best political commentator is John Oliver. Those who've been fretting over the end of John Stewart and Stephen Colbert need not fear — Oliver takes out enough bullsh-t trash for the both of them.

Canadians are still waiting for our Stewart/Colbert/Oliver. (Rick Mercer, known for wonky camera angles meant to liven up his rants, is far too PC.) Sure, we've got comedians trying to take down Harper with their get-out-the-vote effort, Harpoon. But it's so far only speaking to 1,233 Facebook fans.

It's not a zero-sum game. There are talented political reporters and interviewers on both sides of the border. But journalism — the trade most concerned with the truth — can learn a trick or two from comedy, the trade most adept at revealing it.

From Maron, the power of vulnerability. From Stewart/Colbert/Oliver, the tack of insisting that politicians make sense, and if they don't, offering up context to reveal idiocy.

If anything can help the media be less of a megaphone for truthiness, it might be this competition from journo-comics.

# Consider your lungs this barbecue season

## THE SCIENCE

Stephanie Orford



Smoke is often a sign of celebration — fireworks, firing up the barbecue, getting out the marshmallows for a beach bonfire. All great in moderation.

We take smoke for granted; it's just what happens when you cook. Smoky flavours are even trendy.

But household smoke inhalation is a worldwide health issue, whether it's in a one-room house in the outskirts of Shanghai or a grill in a Calgary sunroom.

According to the World Health Organization, smoke inhalation from cooking causes an estimated 3.8 million deaths per year. More than measles, malaria and HIV/AIDS combined. All three of those have elicited worldwide health cam-

paigns. Smoke inhalation? Not so much.

Human lungs are delicate, complex structures. In their thinnest spots, the alveoli, the barrier between your blood and the outside air, can be just one cell thick. Maintaining its health is crucial. And lungs need to be elastic so they can stretch and contract as you breathe.

Inhaling smoke gums up that system. The medical community got serious about smoke's effects during the world wars, when poisonous gases — including phosphene, a component of common cooking smoke — were used as weapons.

Nitrogen dioxide and cyanide, among many other toxins, are also found in household smoke.

When they're inhaled, these noxious gases and particles kill and irritate cells in the inner surfaces of the lungs. When these cells are damaged, the lungs lose cap-

**In enclosed cooking spaces, smoke can be 100 times higher than acceptable levels.**

acity to produce the protective mucus that lubricates the lungs so they can stretch, trap particles and protect against infection.

Smoke inhalation also impairs the clearance action of cilia, a carpet of microscopic moving hairs on the inner surface of the lungs that would normally sweep the mucus out — and much of the harmful stuff with it.

But toxic smoke can kill lung-lining cells, causing them to slough off and partially block the airway, making breathing more difficult.

Your body's inflammatory reaction to smoke inhalation can cause major damage too. Less than a day after smoke

inhalation, a type of swelling called upper-airway edema can set in, constricting the airways and making them less elastic.

But household smoke's most widespread damage happens through lower levels of exposure over a longer time — months or years spent cooking indoors in a poorly ventilated space.

In enclosed cooking spaces that are poorly ventilated, smoke can be 100 times higher than acceptable levels for small particles, the WHO says. Worldwide, charcoal and wood are the most common culprits.

The need for clean, renewable energy sources isn't just about protecting the planet; it's a necessary safeguard for human health that we need to be more aware of.

**Stephanie Orford** is a Vancouver-based science writer.

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**PHILOSOPHER CAT**  
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THE TRUTH IS ALWAYS SOMETHING THAT IS TOLD, NOT SOMETHING THAT IS KNOWN

SUSAN SONTAG





## Anatomy of a Summer Hit

Four reasons why OMI's Cheerleader is a smash

RYAN PORTER/LIFE@METRONEWS.CA

It's already a smash by any measure, but is Cheerleader Canada's Song of the Summer? The remixed reggae crowdpleaser by Jamaican artist OMI (pronounced Oh-Mi) has been certified double platinum in Canada and reigned at No. 1 on the Soundscan chart for three weeks in June. From the rooftop of Toronto's Thompson Hotel, where young and beautiful summer sun worshippers trail their toes in the infinity pool, OMI, pictured at left, chatted with Metro about why his breakthrough hit could soon be blaring from every beach-party Bluetooth speaker in the country.

### Rule #1: Must not be released in the summer

**Famous alumni:** The past 15 songs of the summer

Based on the Song of the Summer champs proclaimed by Billboard, which uses U.S. chart data, you have to reach all the way back to June 22, 1999, when Christina Aguilera's *Genie In A Bottle* dropped, to find a song that was actually released during the summer. Cheerleader was released in the summer ... of 2012. It wasn't until German DJ Felix Jaehn's remix was released May 19, 2014, that the local Jamaican hit stormed Europe.

"In 2012, it made an impact," OMI says. "But this is crazy."

### Rule #2: Must be a newly minted superstar

**Famous alumni:** Iggy Azalea, LMFAO



CHRISTINA AGUILERA

While summer heat lighting struck twice for Katy Perry and Mariah Carey, more often a Song of the Summer has been that artist's breakthrough (or can you actually sing a bunch of Robin Thicke songs?). OMI's own bio is lightly sketched, though he credits his father, who passed away when he was nine, for his love of music.

### Rule #3: Must sound island-ish

**Famous alumni:** Rihanna's *Umbrella*, Los del Rio's *Macarena*

Of course the season of beach parties, iced capps and al fresco dining would be filled with the lazy beats and lengthened vowels of the Caribbean — see Magic!'s 2014 reggae-via-Toronto Song of the Summer runner-up *Rude*. With its bongo-beat and staccato singalong melody oomphed up by Jaehn's house dancebeat, Cheerleader is the kind of hybrid North Americans flip their frisbees for.

### Rule #4: Must be a hot topic of debate

**Famous alumni:** *I Kissed A Girl*, *Blurred Lines*



MASRI OF MAGIC!

A Song of the Summer is as much a party-starter on the dance floor as it is an ice-breaker around the barbecue. Billboard, *Idolator* and the *Toronto Star* are among the media outlets that have questioned lyrics that brand a woman a "cheerleader" rather than someone with her own ambitions.

For the record, OMI believes men can be cheerleaders, too. "It doesn't have to be the woman supporting the man," he says. "A woman can sing to her man or her love. Whoever is that support system for you."



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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

### TOP SIX@6 LAST NIGHT:

- 6 The Weeknd *Can't Feel My Face*
- 5 Taylor Swift ft. Kendrick Lamar *Bad Blood*
- 4 Elle King *Ex's & Oh's*
- 3 Maroon 5 *This Summer's Gonna Hurt*
- 2 Fifth Harmony ft. Kid Ink *Worth It*
- 1 Andy Grammer *Honey, I'm Good*

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# Kim Kardashian braves centre stage



CONTRIBUTED

## GUEST APPEARANCE

### Kim talks body image, selfies and family at acclaimed club

The big reveal from Kim Kardashian's guest turn for San Francisco's revered Commonwealth Club of California on Tuesday night? She was wearing maternity Spanx under her black designer dress to conceal cellulite, not her pregnant belly.

The reality TV star and fashion mogul was invited by the 112-year-old club that describes itself as the nation's oldest and largest public affairs program to talk about her famous family, the business of millennial culture and the objectification of women in media.

Before her visit, the Commonwealth Club's invitation to Kardashian provoked minor controversy.

Some members and listeners of the club's radio broadcasts said they felt she was not worthy of sharing the same spotlight as such notable past speakers as President Franklin D. Roosevelt and Martin Luther King Jr. The program's Facebook page has lit up in recent days with comments opposing and supporting her selection.

Kardashian did discuss the key topics, and others, during an hour-long appearance before an adoring audience that

was mostly young and female.

Judge LaDoris Cordell noted that Kardashian has 94 million social media followers.

"Maybe it's the bikini selfies," the photogenic guest said. "I think I definitely overshare, but I'm really engaged."

The judge also asked if it is realistic for young girls to be successful in a man's world.

Kardashian, who has makeup, hair care, perfume, and clothing lines to her credit along with a bestselling game app, was thoughtful.

"There is this generation of young people — girls — who are beautiful but don't have a

## ON HER FAMILY

During her time on stage, Kardashian said the public had been "more supportive than we ever could have imagined" of Caitlyn Jenner and the rest of her family.

strong work ethic," she said. "People sometimes think that with looks things will be easy, but I just encourage people to put in the work."

The most meaningful exchange might have come when Cordell, who was the first African-American female judge appointed to the bench in Northern California, wondered how Kardashian and her husband, rapper Kanye West, planned to protect their biracial children from discrimination. Kardashian shared making the difficult decision not to engage with a fellow airline passenger who screamed profanity and racial comments at her while she was travelling with her daughter.

West "is very vocal about racial issues," she said. "Our communication, I think, will be really helpful for our children."

THE ASSOCIATED PRESS

## LEGAL DISPUTE

### Katy hits a home nun

Katy Perry is caught in a property dispute between a group of elderly nuns and the Los Angeles Archdiocese over who owns a hilltop convent overlooking Hollywood.

The dispute centres on who is authorized to sell the convent. The Sisters of the Immaculate Heart of Mary say the building is theirs, and they've sold it to a local restaurateur, Dana

Hollister, who has already moved in.

In a June 19 lawsuit, the archdiocese claimed it is responsible for selling the property, and plans a \$14.5 million deal with another buyer. The defendants in the suit say that buyer is Perry.

Hollister's attorney, Randy Snyder, says the dispute has nothing to do with Perry, but rather is a battle between the diocese and the nuns.

THE ASSOCIATED PRESS



## HOUSE OF CARDS

### Neve's in the House

Neve Campbell is set to join the series House of Cards.

The Scream actress will star alongside existing cast members Kevin Spacey and Robin Wright for Season 4 of the show, Deadline reports.

The exact character to be taken on by Campbell in the White House pol-

itical drama, produced by Netflix, is not yet known.

The actress is also appearing in the second season of the NBC comedy Welcome To Sweden.

Filming for House of Cards is scheduled to start this summer, with Season 4 airing in 2016.

AFP



## CUTTING TIES

### Trump gets dumped

Rapper Flo Rida has pulled out of his guest appearance at the Miss USA pageant later this month and Macy's has dumped Donald Trump, part of the continued fallout over the GOP hopeful's remarks about Mexican immigrants during his presidential campaign announcement.

The pageant also lost both its co-hosts Tuesday, with Dancing with the Stars

Cheryl Burke and MSNBC anchor Thomas Roberts bowing out.

Earlier Wednesday, Macy's became the latest company to end its relationship with Trump. Companies have been cutting ties with Trump left and right after his presidential campaign kickoff speech last week in which he declared that some Mexican immigrants bring drugs and crime to the U.S. and are rapists. THE ASSOCIATED PRESS



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**Micro lofts in Prime on the Plaza in Surrey, B.C. (above and left), will range from 300 to 437 sq. ft., with a starting price of \$139,000.**

CONTRIBUTED

## The big appeal of smaller size

### DEVELOPMENTS

#### Buyers are snapping up micro condos countrywide



#### CONDO TRENDS

**Duncan McAllister**

Micro condos are coming to Canada, providing affordability for first-time buyers. Popular with students, downsizers and investors, this new housing form appeals to the consummate downtowner.

Smaller suites are the norm in places like London, Tokyo and New York, and in Canadian cities, they've proved enormously popular with surprisingly swift sales.

Ranging in size from 250 to 400 sq. ft., they're a perfect size for a pied à terre, and for buyers who want to stake their claim on a piece of the



**Vibe houses small condos but the building will include eateries and retail space at street level in Edmonton.** CONTRIBUTED

downtown condo market and who are willing to trade private space for public space.

"The main amenity is the city itself," says developer Jon Stovell, president of Reliance Properties. "It's a 300-square-foot condominium with a three-million-square-foot living room."

The company has been actively building its popular micro lofts in Vancouver, Victoria and Surrey, B.C.

In Vancouver, home owner-

ship of even a regular studio or one-bedroom is an impossibility for a lot of people, says Stovell. The micro lofts have proven popular with younger purchasers.

"Millennials totally get this equation," says Stovell. "They're much less status conscious."

Urban Capital got the ball rolling a few years ago, with its Smart House projects. The micro condo trend has definitely been growing and ex-



#### The main amenity is the city itself

Developer Jon Stovell

panding internationally, says partner David Wex.

"We pressed the reset button on condo design. What we're offering at Smart House Ottawa is a way to live affordably and sustainably right in the city's heart."

With micro condos, Wex says the focus is on smart design and space-saving ideas. Everything from storage to appliances is cleverly thought out with an economy of space in mind.

In Edmonton, Vibe condos by the Carrington Group is the city's first foray into smaller suites. "The micro condos are not really here yet," explains project sales manager Riley Lagaden, who initially wasn't sure how they

#### + NEAT TRICKS

##### Kyla Rozman's tips on organizing a small condo

###### Think up

- Maximize the tops of your closets by adding shelves and bins with locking lids.
- Taller furniture allows for more storage, such as tall bookcases. Use all the space at the top of your walls.

###### Think down

- Your side tables and coffee table should come with storage spaces (such as a shelf or drawers).
- Multipurpose the bed with a hideaway unit or

with storage bins underneath.

- Put narrow cabinets behind the bathroom door — it's a great spot for all the little containers.

###### Think out

- Let go of some belongings. If it doesn't really serve you and it's not something you love, it should go.

- Start with the question, how many do I really need? If it's something you only use once a year, consider borrowing it from a friend (think camping gear).

DUNCAN McALLISTER

would fly. After launching, he was pleasantly surprised with the response. "Edmonton has been waiting for this."

Need help organizing your small condo? Kyla Rozman is co-owner of Vancouver-based In Order To Succeed Professional Organizing. The com-

pany specializes in helping people make efficient use of every square inch of space.

"When in a small space you need to think up, think down or think out," says Rozman, who sees micro condos as a growing trend as more and more retirees are downsizing.



## 5

## OF THE BEST IKEA FURNITURE HACKS

If you're looking to give a chair, table, dresser or shelving unit a facelift, look no further. We've scoured the Internet for the best DIY projects that take Ikea pieces from basic to brilliant

MARIANNE HAYES/METRO IN NEW YORK



THE CREATIVE MOM

### 1 Farmhouse-chic coffee table

Blogger Natalie Dalpiaz of The Creative Mom took the Hemnes coffee table and gave it farmhouse style using pieces of lumber, wood stain, Polyurethane, glue, screws and a clamp. The best part? It only cost about \$12 CDN in lumber and a few hours of work to pull off. For full instructions, go to [thecreativemom.com](http://thecreativemom.com).



RAIN ON A TIN ROOF

### 2 Eclectic drink bar

DIY blogger Jenna LaFavor of Rain on a Tin Roof basically incorporates some bohemian-inspired paint and gold accents to turn the Ikea Tarva chest of drawers on its head. "I love this piece because it's so functional," says LaFavor. Learn how to make it at [rainonatinroof.com](http://rainonatinroof.com)



GIRL IN THE GARAGE

### 3 Quirky 'suitcase' dresser

"I love to travel, so I painted an Ikea Rast dresser to look like suitcases stacked together," says Jen Crider, a.k.a. the Girl in the Garage. You can also pull off this hack with any other standard set of drawers, but it's the leather scraps and old suitcase accessories that really give the finished piece some character. Find instructions for this project at [girlinthegarage.net](http://girlinthegarage.net).



MERETE COLEMAN

### 4 Rainbow play chairs

Merete Coleman, who carries out production design and photo styling work, came up with this hack — use yarn to give miniature play chairs a boho-chic look. For this project, Coleman used the Ikea Latt chair and a handful of coloured yarn in complementary hues. From there, she simply wrapped the chair's legs and base in coloured patterns, creating the illusion of stripes. Slightly time intensive? Yes, but totally worth it. For full instructions, visit [onemore-mushroom.com](http://onemore-mushroom.com).

### 5 Gold and marble shelves

This hack transforms a bookshelf into a luxe unit for showcasing everything from books and accent pieces. "We love this project for the simple ease of execution and the time factor," says Erin Lepperd of Style Me Pretty. "If you can spray paint and use scissors, you'll be a pro." The project relies on gold spray paint and some marble contact paper — that's it. It all shouldn't cost more than \$125 CDN. Go to [www.stylemepretty.com](http://www.stylemepretty.com) for instructions.



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#### DECOR

## Fruity colours give lift year-round

Ah, summer — the season when oranges are transformed into ice pops, limes add zing to slushies, peaches become pies, and berries take over nearly every dessert from June to September.

Citrus and other fruity hues look fresh and energetic in summer decor, and there's no need to remove them once fall approaches. Their upbeat nature makes them a smart choice all year round. Fruity hues look fresh and lighthearted against neutrals, so consider white, grey or ivory walls and large furniture pieces, with your colour as punctuation. Decorative accents, such as art, rugs, vases or pillows, are inexpensive ways to add impact.

THE ASSOCIATED PRESS

RIGHT: HOMEGOODS  
VIA THE ASSOCIATED  
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BELOW: MAINE  
COTTAGE VIA THE  
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**JUST RIPE**  
Here's a dining chair by HomeGoods in a sizzling raspberry hue. To work fruity colours in a room, think grape or pomegranate with walnut or brass, and rhubarb with ebony.

#### MELLOW YELLOW

The Ale Nellie 2-Over dresser by Maine Cottage. Juicy shades will look lush paired with woods, leather, metallics, and dark backgrounds.







## GOLF

# Plenty on line at Nova Scotia Open



**Kristen Lipscombe**  
Metro | Halifax

Pro golfers Kelvin Day and Brian Richey got warmed up for this week's Nova Scotia Open by taking some Canada Day afternoon swings at the floating green in Halifax Harbour.

Despite being two of 156 professionals teeing off at the Ashburn Golf Club in Fall River for a \$650,000 purse starting Thursday, both were still outshot by local golf enthusiasts who stopped by to try and win a prize — and some bragging rights.

"They changed it from beat the pro to tie the pro, so we need to clarify," Richey, 29, of Lakeland, Fla., said with a chuckle of the Beat the Pro Challenge on the waterfront, hosted Wednesday by H2O Island Green to kick off the Nova Scotia Open, which runs through Sunday, and is followed by the RBC Canada Cup on Monday.

"I've only been beaten once, but I've been tied several times," he joked.

But Richey plans to be on his game for his next four rounds and 72 holes though, with cash and PGA Tour cards on the line. The Nova Scotia Open is the

## + SCHEDULE

**Thursday** — Nova Scotia Open, Round 1 (gates open at 6:30 a.m.)

**Friday** — Round 2 (gates open at 6:30 a.m.)

**Saturday** — Round 3 (gates open at 7 a.m.)

**Sunday** — final round (gates open at 7 a.m.)

**Monday** — RBC Canada Cup Pro-Am (gates open at 9:15 a.m.) and RBC Canada Cup Exhibition Match (Group 1 tee-off at 1 p.m. & Group 2 tee-off at 1:10 p.m.)

only Canadian stop on the development Web.com Tour.

"We're getting toward the back stretch of the year here ... where every dollar counts as far as getting your PGA Tour card," Richey said, "so the goal every week is always to win the tournament."

Richey checked out the course at Ashburn Golf Club's new course Tuesday, finding out that Nova Scotia's "rough winter" has impacted its conditions.

"They're not in as good as shape as I'm sure they would like them to be," Richey said. "But everybody's got to play it."

## IN BRIEF

### Mooseheads pick Blichfeld, Somppi at import draft

The Halifax Mooseheads have added two more Europeans to their list of prospects.

General manager Cam Russell selected forwards Otto Somppi, 17, of Finland in the first round and Joachim Blichfeld, 16, of Denmark in the second round of the 2015 CHL Import Draft held Tuesday.

Somppi will fill the gap that will likely be left by explosive forward Nikolaj Ehlers, expected to be joining the NHL's Winnipeg Jets.

"He'll bring speed and skill and will be an exciting player to watch," Russell told halifaxmooseheads.ca.

Blichfeld could replace physical forward Timo Meier if he is recalled by the San Jose Sharks, who just drafted him ninth overall at the 2015 NHL Entry

Draft.

"Joachim is a big strong guy with great hockey sense," the GM said.

Each CHL team is only allowed to dress two import players per season.

KRISTEN LIPSCOMBE/METRO

### England doomed by own goal as Japan moves on

Laura Bassett's own goal in the 92nd minute proved to be the heartbreaker as Japan punched it's ticket through to the Women's World Cup final with a dramatic 2-1 victory over England on Wednesday.

Fourth-ranked Japan, the defending champion from the 2011 World Cup in Germany and silver medalists at the 2012 London Olympics, will meet the United States in the gold medal match on Sunday in Vancouver.

THE CANADIAN PRESS

# Leafs send Kessel packing to Pittsburgh

## NHL

## Toronto begins dismantling core by trading sniper to Pens

Phil Kessel is joining Sidney Crosby and Evgeni Malkin with the Pittsburgh Penguins as the Toronto Maple Leafs begin the process of dismantling an ineffective core that made just one playoff appearance.

Management took the first wrecking ball swing to this Leafs roster Wednesday, sending Kessel to the Penguins in a blockbuster trade that netted prospects Kasper Kapanen and Scott Harrington, winger Nick Spaling and two draft picks.

"Phil is certainly a very talented player, but we know that changes had to come," Leafs president Brendan Shanahan said. "What we were doing here as a group wasn't working, and we were setting a bit of new direction for our club and building it differently."

The rebuilding starts now, absent Kessel, his almost automatic 30 goals a season and his \$8 million US cap hit. The Leafs retain 15 per cent of that salary (\$1.2 million) for the next seven years but cleared much-needed space to begin constructing what Shanahan hopes is a Stanley Cup contender.

Shanahan and the manage-



Phil Kessel had 25 goals and 36 assists but was a minus-34 for the Maple Leafs during a lacklustre 2014-15 season. BRUCE BENNETT/GETTY IMAGES

ment team made up chiefly of Mark Hunter, Kyle Dubas and Brandon Priddy, didn't see the core of Kessel, Dion Phaneuf, Tyler Bozak and Joffrey Lupul as one that could bring the Cup back to Toronto.

Saying there are no shortcuts to ending the Cup drought, Shanahan hired coach Mike Babcock for a long-term plan and

**-30**

This past season was Kessel's first full one without 30 goals, but his 247 goals and 273 points in 668 games made him an attractive trade candidate.

began tearing things down.

"When you recognize that a group is maybe not going to get to the ultimate place that maybe you want to it to be, you put out the message to the rest of the world at the end of the season that you're willing to make changes,"

Shanahan said. "The way that our team was assembled and

going forward it wasn't going to get much better."

The Penguins get better with Kessel with either Crosby or Malkin. General manager Jim Rutherford told reporters in Pittsburgh that a fresh start will benefit the 27-year-old right-winger.

"He went there under the microscope from Day 1, he was always the guy," Rutherford said. "He was the guy that was blamed when things weren't going swell. And he doesn't have to be the guy here. We've got a bunch of them."

THE CANADIAN PRESS

## MLB

## Jays' offence erupts to Smoak Red Sox

Justin Smoak hit two home runs and the Toronto Blue Jays' offence exploded in a 11-2 victory over the Boston Red Sox on Wednesday.

Edwin Encarnacion, Jose Bautista and Josh Donaldson also hit home runs for Toronto (42-38), ending a small two-game skid. Jose Reyes had four hits and three runs batting leadoff for the Blue Jays.

Mark Buehrle (9-4) pitched seven innings, giving up one run on four hits. THE CANADIAN PRESS



The Jays' Josh Donaldson returns to the dugout after his two-run homer Wednesday. GETTY IMAGES

## NBA

## Raptors reel in swingman Carroll

Masai Ujiri has made the first move in his Raptors makeover.

The Toronto general manager agreed to sign DeMarre Carroll on the first day of NBA free agency, adding a player who fits in well with coach Dwane Casey's defence-first philosophy.

Carroll announced the news on his Instagram and Twitter accounts, posting a photo of himself arm-in-arm with Ujiri and Casey.

THE CANADIAN PRESS



DeMarre Carroll GETTY IMAGES



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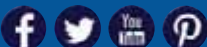
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## RECIPE Chicken, Mango and Rice Noodle Stir-fry



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

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Serves four.

#### Ready in

Prep time: 15 minutes  
Cook time: 15 minutes

#### Ingredients

- 8 oz boneless chicken breast
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 Tbsp minced ginger
- 1 Tbsp hot red chili curry paste
- 2 tsp chopped garlic
- 1 cup sliced red bell pepper
- 3 Tbsp sweet chili sauce (Heinz or Asian flavoured)
- 2 Tbsp low sodium soy sauce
- 1 Tbsp lemon juice
- 2 tsp sesame oil
- 4 oz rice noodles (medium width)
- 1 cup thinly sliced mango
- 3 Tbsp chopped basil or cilantro

#### Directions

1. In a grill or sauté pan sprayed with vegetable oil, cook chicken just until temperature reaches 165 F or cooked through, about eight minutes. Let cool slightly, then slice into medallions.
2. Meanwhile, in a large skillet, add vegetable oil, onion, ginger, curry paste and garlic. Stir fry just until onions soften, then add bell peppers and sauté for two minutes.
3. For sauce, mix chili sauce, soy sauce, lemon juice and sesame oil.
4. Cook rice noodles while vegetables are cooking, just until tender. Drain noodles and place on serving platter. Add cooked vegetables and sauce, mix well. Garnish with chicken, mango, basil.

#### Nutrition per serving

- Calories 242
- Sodium 597 mg

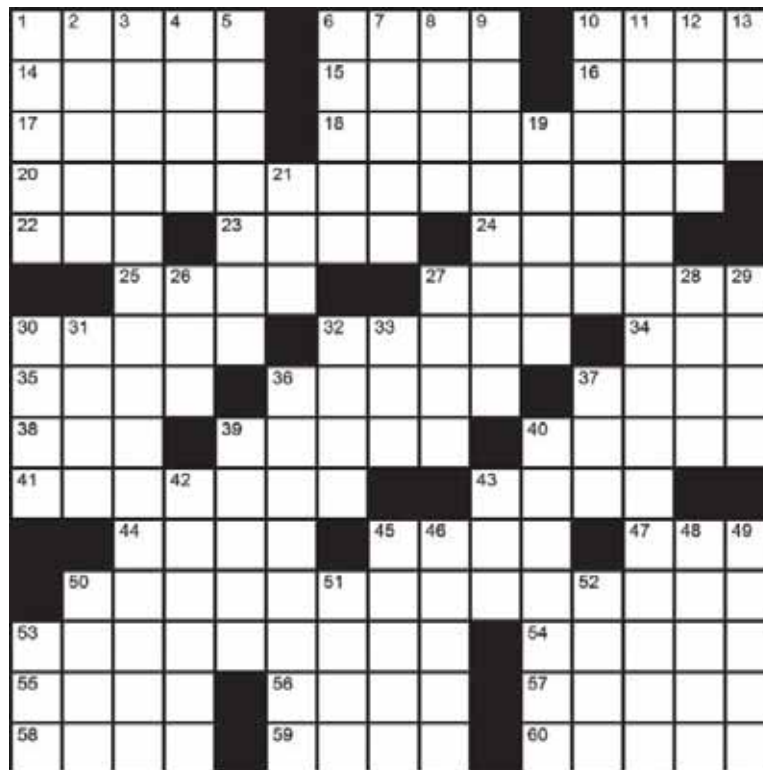
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. County fair attractions
6. Plucked orchestra instrument
10. Song in '65's "The Sound of Music": "Climb \_\_ Mountain"
14. "\_\_\_ economy is always beauty." - Henry James
15. Nobelist Mr. Wiesel
16. "Well, well, wells."
17. Love conquers all = \_\_ vincit amor
18. Moveable pieces sofa
20. French explorer sharing the name of a Montreal bridge: 2 wds.
22. "Gimme \_\_ '1" (Edmonton cheer-starter)
23. Modernists
24. Brewer's kiln
25. Foe in Fido's fur
27. \_\_-\_\_ record, as in sports
30. Latte's bubbles
32. Where Joni Mitchell felt like a "free man"
34. "\_\_\_ Wiedersehen!"
35. River islets
36. Seasoned yogurt dip of India
37. "Meet Me \_\_ \_\_. Louis" (1944)
38. Homer's exclamation!
39. Like, in Laval
40. Some students, shortly
41. 1970s singer Cat



43. It's not salmon, it's this
44. "The \_\_" (Reality show Anderson Cooper hosted)
45. Scottish family
47. Roadside mil. hazard
50. Casey and Finnegan puppeteer

- who is a Member of the Order of Canada: 2 wds.
53. \_\_ Berries (Canadian fruits)
54. Alongside: 2 wds.
55. "What \_\_\_ mind reader?"
56. "Anything \_\_?"

57. Film part
58. Canadian convenience store chain
59. Notices
60. "The Jetsons" son

### DOWN

1. Wine of Spain
2. Jude Law's

- "Cold Mountain" (2003) role
3. Sly & The Family Stone hit: 4 wds.
4. Mr. La Salle of "ER"
5. Steadfast
6. "\_\_\_ Fine" by The Chiffons
7. Sir Guinness'

8. Costa's companion
9. 'Canada's Victorian Oil Town' in Ontario
10. Someone self-centred
11. Titan (b.circa1490 - d.1576), for one: 2 wds.
12. Bring up
13. Opium perfume monogram
19. Tilted lettering [abbr.]
21. "Yikes!"
26. "\_\_\_ magic!"
27. Mr. Johnson
28. Overcooked meal
29. Tiny amphibians
30. Trends
31. Carouse
32. Ms. Dawber's
33. Aspiration
36. "Be My Baby" by The \_\_
37. 'Opt' suffix
39. Salsa singer
- Ms. Cruz
40. Canadian brand of tofu
42. Smirnoff drinks
43. Spotted, to Tweety Bird
45. Shut
46. City paths
48. It's short for 'low budget'
49. Cartoon duck
50. "She's a Bad Mama \_\_" by Carl Carlton
51. Courtney Love band
52. Envelope insertion [abbr.]
53. Director Mr. Mendes

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You will be forced to choose between two tempting possibilities today. If it's a choice between moving up in the world and making a positive difference, make a difference.

**Taurus** April 21 - May 21  
Do you stick with what you know or try something new? The planets suggest you will have more fun if you take a chance.

**Gemini** May 22 - June 21  
Try not to make any rash decisions about money matters today because the full moon warns you are likely to regret it. No matter how confident and enthusiastic you may be, you won't be thinking clearly enough to make a rational decision.

**Cancer** June 22 - July 23  
It may feel as if you are being held back from fulfilling your potential but don't worry. While the moon is full you should take your time and wait to see how things develop.

**Leo** July 24 - Aug. 23  
Today's full moon warns in no uncertain terms that you must take care of your health. If you take on too much over the next few days you are sure to regret it. Be kind to yourself.

**Virgo** Aug. 24 - Sept. 23  
You may be more emotional than usual today but there is no need to worry. Sometimes things build up to such an extent that they must be let out and the full moon makes this one such occasion.

**Libra** Sept. 24 - Oct. 23  
There may be chaos in every direction today but if you stay calm there is not much it can do to harm you personally. Loved ones will be rather touchy though, so you might like to stay out of their way.

**Scorpio** Oct. 24 - Nov. 22  
You would benefit from getting out more. Short trips are lucky for you now, although they won't be without their ups and downs. The important thing is that you are visible. Remind the world you still exist.

**Sagittarius** Nov. 23 - Dec. 21  
Today you will be critical both of yourself and others. Don't worry about it — you're allowed to be less than superhuman once in a while.

**Capricorn** Dec. 22 - Jan. 20  
No matter how self-controlled you are, today's full moon in your sign will heighten your emotions. If you do lose your temper don't be too hard on yourself.

**Aquarius** Jan. 21 - Feb. 19  
No matter how busy you are, you must return a favour of some kind today. Someone was good enough to help you out, now you must do what you can for them.

**Pisces** Feb. 20 - March 20  
The full moon warns this is not the right time to make waves. You may have strong opinions about what's going on around you but there is no point making enemies.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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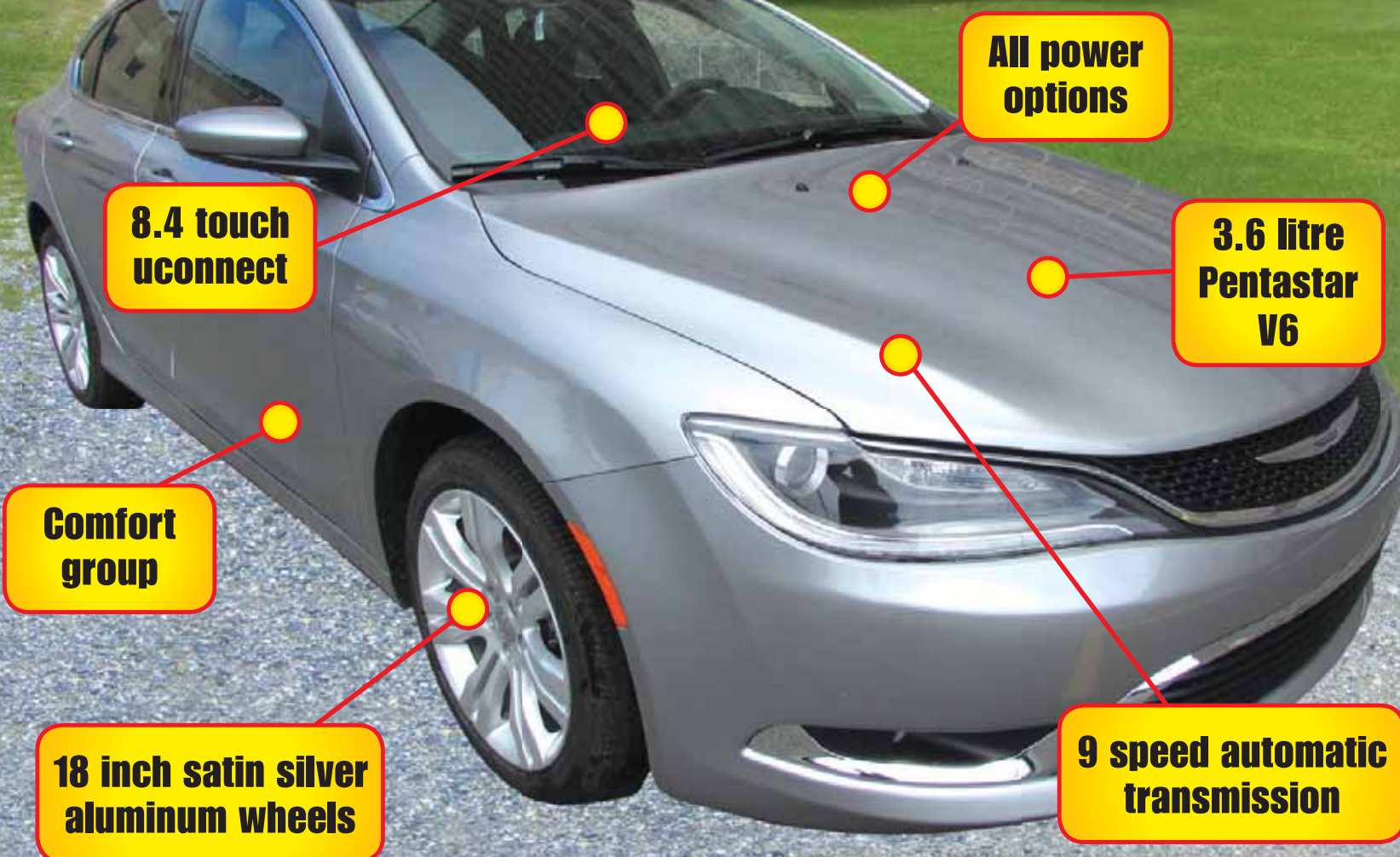


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